



**It's easy to do alone,  
but wouldn't it be  
more fun as a group?**

**The idea is to encourage  
and support each other to  
avoid a holiday weight  
gain.**

So **challenge the other people in your department** to see who best is able to maintain their weight during the holidays.

Or **your unit could challenge another group** - the Tax Office could challenge the Assessor's Office, for instance. Weigh in next week (Nov 17 – 21), and see which team had more people – or higher % of people - to maintain their weight over the holidays when you weigh out the week of January 11. Then join us in the Celebration at Berkeley Senior Services on January 27<sup>th</sup>.

**The closest place to weigh in?**

WVU Extension Office in Suite 302 – and we're open 8 – 4,  
Monday through Friday!

**Take the challenge and see if you can Maintain!!**